WASHINGTON SENIORS WELLNESS CENTER JANUARY 2016

3001 Alabama Ave. SE 202-581-9355 Washington, DC. 20020

Monday	Tuesday	Wednesday	Thursday	Friday
Please consider making a donation to WSWC to support our social programs and activities.	Center Hours: Monday: 8:00am- 6:30pm Tuesday: 8:00am- 5:00pm Wednesday:8:00am- 6:30pm Thursday: 8:00am- 5:00pm Friday: 8:00am-5:00pm			2016 Center Closed
4 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Nutrition A 10:30 Nutrition B 10:30 EnhanceFitness 11:30 BEEDL 1:00 EnhanceFitness 1:45 Nutrition E 5:00 PM-6:30PM Fitness	5 9:00 Tennis 9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45T'ai' Chi 12:30 Tennis 2:00 Vision Board Party with WSWC Staff	6 8:00 Open Gym 9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue A 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 11:30 Members Assembly Meeting 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga 5:00PM—6:30PM FITNESS	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:30 MLK Library Tour and Free Jazz Concert 10:35 Nutrition D 10:40 Gentle Movement C/D 12:00 T'ai Chi 1:00 Art Class 1:45 Nutrition F 2:00 Ladies Spa Day sponsored by Mary Kay	9:00 EnhanceFitness 10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness 2:00 Yoga

11	12	13	14	15
8:00 Open Gym	7:30 Open Gym	8:00 Open Gym	7:30 Open Gym	9:00 EnhanceFitness
9:00 Fitness Class A	9:00 Tennis	9:00 Fitness Class A	9:00 Tennis	10:00 Line Dancing
9:50 Fitness Class B	9:50 Nutrition C	9:50 Fitness Class B	9:00 Zumba	11:00 Quilters
9:50 Nutrition A	10:35 Health Dialogue	9:50 Health Dialogue 10:30 Spanish Class	9:50 Health Dialogue C 10:35 Nutrition D	1:00 EnhanceFitness 2:00 Yoga
10:30 Nutrition B	10:40 Gentle Movement	10:30 Spanish Class 10:30 EnhanceFitness	10:40 Gentle Movement	2.00 10ga
10:30 EnhanceFitness	C/D	10:35 Emilance ruless 10:35Health Dialogue B	C/D	
11:30 BEEDL	11:45T'ai' Chi	1:00 EnhanceFitness	11:45T'ai Chi	
	2:00 Money Matters	2:00 Yoga	1:00 Art Class	
1:00 EnhanceFitness	Budgeting Class	2:00 Food Demo	1:45 Nutrition F	
1:45 Nutrition E		5:00PM—6:30PM	2:00 Men's Spa Day	
5:00 PM-6:30PM		FITNESS	sponsored by Mary	
Fitness			Kay	
18	19	20	21	22
	9:00 Tennis	8:00 Open Gym	7:30 Open Gym	9:00 EnhanceFitness
		1 2	1 2	
	9:50 Nutrition C	9:00 Fitness Class A	9:00 Tennis	10:00 Line Dancing
	9:50 Nutrition C 10:35 Health Dialogue	9:00 Fitness Class A 9:50 Fitness Class B	9:00 Tennis 9:00 Zumba	10:00 Line Dancing 11:00 Quilters
Martin Luther	9:50 Nutrition C 10:35 Health Dialogue D	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
Martin Luther King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D	10:00 Line Dancing 11:00 Quilters
	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation Presentation by Legal	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation Presentation by Legal	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga 5:00PM—6:30PM	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation Presentation by Legal	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation Presentation by Legal	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga 5:00PM—6:30PM	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness
King Jr. Day	9:50 Nutrition C 10:35 Health Dialogue D 10:40 Gentle Movement C/D 11:45 T'ai' Chi 2:00 Will Preparation Presentation by Legal	9:00 Fitness Class A 9:50 Fitness Class B 9:50 Health Dialogue 10:30 Spanish Class 10:30 EnhanceFitness 10:35Health Dialogue B 1:00 EnhanceFitness 1:00 Club Memory 2:00 Yoga 5:00PM—6:30PM	9:00 Tennis 9:00 Zumba 9:50 Health Dialogue C 10:35 Nutrition D 10:40 Gentle Movement C/D 11:45 T'ai Chi 1:00 Art Class	10:00 Line Dancing 11:00 Quilters 1:00 EnhanceFitness

25	26	27	28	29
8:00 Open Gym	9:00 Tennis	8:00 Open Gym	7:30 Open Gym	
9:00 Fitness Class A	9:50 Nutrition C	9:00 Fitness Class A	9:00 Tennis	9:00 EnhanceFitness
9:50 Fitness Class B	10:35 Health Dialogue	9:50 Fitness Class B	9:00 Zumba	10:00 Line Dancing
9:50 Nutrition A	D	9:50 Health Dialogue	9:50 Health Dialogue C	11:00 Quilters
10:00 Legal Counsel	10:40 Gentle Movement	10:30 Spanish Class	10:35 Nutrition D	1:00 EnhanceFitness
for the Elderly	C/D	10:30 EnhanceFitness	10:40 Gentle Movement	2:00 Yoga
•	11:45 T'ai' Chi	10:35Health Dialogue B	C/D	
10:30 Nutrition B		12:00 SWEAT at	11:45 T'ai Chi	
10:30EnhanceFitness		Arena Stage	1:00 Art Class	
11:30 BEEDL		1:00 EnhanceFitness	1:45 Nutrition F	
1:00 EnhanceFitness		2:00 Yoga		
1:45 Nutrition E		2:00 Food Demo		
5:00PM Fitness		5:00PM—6:30PM		
3.00FW FILITESS		FITNESS		

^{*}Schedule subject to change*